



How to stop sinning

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In the name of Allah, The Most Gracious, The Most Merciful





Assalamu'alaikum wa rahmatullahi wa barakatuhu,

We pray that this message reaches you
in good health and imaan.

On behalf of our AMAU Academy team, we would like
to present to you these compiled notes that we have
prepared to make your journey with us a lot easier.

Our notes are compiled by the AMAU Admin team
and have not been comprehensively checked
by a teacher.

If you find any errors or corrections that need
to be made, kindly inform us via our email
helpdesk@amauacademy.com

May Allah make our paths toward seeking
beneficial knowledge easy and kindle our hearts
with sincerity and gratefulness
towards Him.

Jazakumullahu Khayran



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جل جلاله | Jalla Jalāluhu
Allah the Most Exalted



صلى الله عليه وسلم | Sallāllāhu Alayhi Wa Sallam
Peace and blessings of Allah be upon him

The Element Required to Overcome Sins

Chapter One

In this Self-Development course, we will delve into a crucial topic that affects us all - **sins**.

The Prophet ﷺ acknowledged the inevitability of human errors and emphasised the importance of repentance.

In a hadith, he ﷺ told us:

- 1 **وَالَّذِي نَفْسِي بِيَدِهِ لَوْ لَمْ تُذْنِبُوا لَذَهَبَ اللَّهُ بِكُمْ وَلَجَاءَ بِقَوْمٍ يُذْنِبُونَ فَيَسْتَغْفِرُونَ اللَّهَ فَيَغْفِرُ لَهُمْ**
By Him in Whose Hand is my life, if you were not to commit sin, Allah would sweep you out of existence and He would replace (you by) those people who would commit sin and seek forgiveness from Allah, and He would have pardoned them.

Sahih Muslim 2749

Being human comes with the package of making mistakes and committing sins, but there are ways to stay away from the most common and major sins.

Everyone has particular sins or bad habits that are a special trial and test for them.

Some of the common ways to avoid sins include:

- 1 **Checking and assessing one's Nafs**
- 2 **Being aware of the Shaytaan**
- 3 **Being mindful of one's friend and companionship**

In this short course, we aim to highlight aspects that can help us stay away from these common pitfalls. The mindset that needs to be adopted to stay away from sins involves releasing the harms of sin and adopting a helpful mindset, as outlined by the scholar, Ibn al-Qayyim in his book '**Uddah As-Sabireen Wa Dhakheerah As-Shakireen** (عدة الصابرين وذخيرة الشاكرين).

1 The Importance and Practice of



Sabr, or patience, is the key to controlling oneself and abstaining from sins.

To practise it, you must internalise that what you have been commanded to do in Islam is beneficial for you, and what you have been forbidden from is harmful and damaging.

Knowledge alone is not sufficient for achieving Sabr; it must be coupled with actions. It is necessary to have strength and sincere ambition in order to attain high goals and constantly work on oneself.

Being patient takes a toll on your mental and physical state, especially when dealing with certain sins, but it becomes easier with practice. Sabr is like a muscle that becomes stronger with practice and repetition.

“

Sabr is an inner battle between the religious and intellectual parts of oneself against the desires and the Nafs.

”

- Ibn al-Qayyim -

2

Strengthening and Weakening to **PREVENT SINS**

To stay away from sins, it is necessary to weaken the part of oneself that is prone to temptation and sin, often referred to as the "sinful part," which entices individuals to commit sins.

Additionally, it is important to strengthen the aspects of oneself that hinder the commitment of sins, such as the intellectual realisation of the harmful effects of sins and the religious desire for Allah's ﷻ blessings and pleasure.

This process involves weakening the sinful part and strengthening the religious and intellectual parts of oneself to resist the temptation and commitment of sins. By consciously engaging in this internal battle, you pave the way for a life free from the shackles of sins.

Weakening Your Evil Side

Chapter Two

In this chapter, we explore the strategies outlined by Ibn al-Qayyim to gain control over sinful desires and foster spiritual strength.

A • **Understanding the Source of Sinful Desires**

Ibn al-Qayyim emphasises the importance of identifying what empowers the part of the body that desires sin, particularly lust and pleasure.

For instance, the first thing that strengthens the sinful part might be the food you eat. As a solution, Ibn al-Qayyim suggests we should fight these desires through fasting.

It is based on the advice of the Prophet ﷺ wherein he said:

1

[...] وَمَنْ لَمْ يَسْتَطِعْ فَعَلَيْهِ بِالصَّوْمِ، فَإِنَّهُ لَهُ وَجَاءٌ

[...] and whoever is not able to marry, should fast, as fasting diminishes his sexual power.

Sahih al-Bukhari 5066

Fasting tightens the veins, making it more challenging for desires to travel within the body. Alternatively, if one has to eat, he or she should strive to eat less.



B • **"Killing the Engine" - Avoiding the Source of Sinful Desires**

Ibn al-Qayyim introduces the concept of "killing the engine" or avoiding sources that lead to sinful desires. The eyes, being the gateway to the heart, play a crucial role. Lowering one's gaze and looking away is pivotal in preventing sinful desires from affecting the heart.



Exposure to haram content, especially on social media, desensitises individuals and normalises sinful behaviours over time.

C • **Impact of Social Media on Spiritual and Moral Well-Being**

The impact of mobile phones, especially social media, on a person's Imaan and heart cannot be ignored. Continuous exposure to haram content can lead to desensitisation, creating a strong desire or intention to engage in sinful activities.



The road to Jannah involves consciously turning away from haram and preventing the love for the Dunya - its material possessions such as expensive cars and worldly achievements - from entering one's heart.

D • **A Strategic Approach**

Ibn al-Qayyim suggests two main strategies for avoiding sin.

1

The first is to divert attention, weaken the desires of the body, and elevate spiritual strength.

2

The second involves engaging in activities that are halal and take individuals away from haram.

• While it may not always be possible to perform recommended religious acts due to various constraints, filling one's time with halal and Mubaah activities - such as exercise, reading, or listening to podcasts - can also weaken the part that entices sin.

The key is to focus on activities that keep you away from all that is haram. By adopting these strategies, individuals can actively weaken the part that entices them to sin.

Strengthening Your Religious Side

Chapter Three

Practical Ways of Strengthening OUR TADAYYUN

drawing inspiration from the wisdom of
IBN AL QAYYIM



Strengthening Tadayyun involves fortifying your religious mindset, deepening your connection with Allah ﷻ, and nurturing your Imaan. Although Ibn al-Qayyim details almost 20 ways to achieve this, we'll focus on the fundamental steps.

A Revering Allah ﷻ

At its core, strengthening Tadayyun requires holding Allah ﷻ in reverence, and maintaining constant awareness that He sees and hears everything. Ask yourself: How can I even think about performing an evil act while Allah ﷻ is watching me?

Cultivating this mindset makes the idea of sin inconceivable. This respect, where one refrains from disobedience due to the constant awareness of Allah's observation, serves as a powerful deterrent against sinful actions.

Committing sins can lead to the removal of the feeling from our hearts that Allah ﷻ sees and hears us, creating a distance from His presence.

B Being Grateful for Allah's Blessings

Realising that Allah ﷻ has favoured us over millions and millions of beings from His Creation by giving us Imaan, guidance, good health, food and comfort is very important.

The Prophet ﷺ said in a hadith:

- 1
- مَنْ أَصْبَحَ مِنْكُمْ مُعَافًى فِي جَسَدِهِ آمِنًا فِي سَرِيرِهِ عِنْدَهُ قُوتٌ يَوْمِهِ فَكَأَنَّمَا حِيزَتْ لَهُ الدُّنْيَا

‘Whoever among you wakes up physically healthy, feeling safe and secure within himself, with food for the day, it is as if he acquired the whole world.’

Sunan Ibn Majah 4141

How many of us have been blessed with much more than this?

Thus, it is incumbent upon all of us to show gratitude to Allah ﷻ by not sinning.

This underscores the seriousness of disobeying Allah ﷻ while benefiting from His provisions. It prompts reflection on the illogicality and danger of consuming sustenance given to us by Allah ﷻ while transgressing against Him.

C The Story of Ibrahim Ibn Adham and a Sinner

Once, a troubled man went to the wise Ibrahim ibn Adham. "I keep doing wrong, and I ignore chances to do better," he confessed.

Ibrahim listened and shared five important things to help him make better choices.

- Ibrahim said, **"If you want to sin, don't eat the Rizq provided by Allah."** The man wondered where he would get food. Ibrahim explained, "Is it right to eat Allah's Rizq if you're doing something wrong?"
- He then told him, **"If you keep doing wrong, don't live in a kingdom ruled by Allah."** The man could not think of a place that did not belong to Allah. Ibrahim said, "Think about why it's not right to be disobedient in places that belong to Allah."
- Ibrahim said, **"If you still wish to sin, then do so in a place where Allah cannot see you."** The man was confused. Ibrahim explained, "Think about why it's not okay to be disobedient, especially when Allah can always see you."
- Ibrahim said, **"When the time of your death comes, ask the Angel of Death for more time to repent and do good deeds."** The man said it was impossible. Ibrahim asked, "If you can't stop death, how do you expect to be saved?"
- Finally, Ibrahim said to him, **"When the guardians of Hell-fire come to take you away on the Day of Resurrection, don't go with them."** The man exclaimed they wouldn't let him go. Ibrahim asked, "If it's so hard to avoid them, how do you think you'll be saved?"

The man, understanding Ibrahim's advice, decided to turn to Allah ﷻ and repent to him.

D Imaan Suffers Due to Sins

One of the most serious consequences of sins is that it takes a toll on a believer's Imaan. Sometimes, a believer can also lose Imaan temporarily.

The Prophet ﷺ told us in the following hadith:

- 1 لَا يَزْنِي الزَّانِي حِينَ يَزْنِي وَهُوَ مُؤْمِنٌ وَلَا يَسْرِقُ السَّارِقُ حِينَ يَسْرِقُ وَهُوَ مُؤْمِنٌ وَلَكِنْ التَّوْبَةُ مَعْرُوضَةٌ
"The adulterer is not a believer while he is committing adultery, and the thief is not a believer while he is stealing, but there is a chance for repentance; (if he repents, Allah will accept the repentance)."

Jami` at-Tirmidhi 2625

Every Muslim should aim to be among the pious slaves of Allah (Muttaqeen), the Muhsineen, the Siddeeqeen, the Saliheen (the righteous slaves), and so on.

E Dying as a Sinner

Sinners should fear losing their lives at any moment, as a lot of disobedient people are known to have died while committing sins.

It's important to be mindful of the fear of Allah ﷻ, as He alone decides when one's life will end.

“ **A good ending is only given to those who spend their lives upon goodness.** ”

> **Conclusion**

1 **Striving for the sake of Allah ﷻ requires training oneself to attain a certain level of patience and righteousness, which takes time and effort.**

2 **Revering Allah ﷻ and maintaining the state of mind that He observes every action is crucial in preventing sin.**

The fear of displeasing Allah ﷻ becomes a powerful motivator to avoid sinful thoughts and actions. Committing sins results in the loss of iman or faith, highlighting the profound consequences of transgressions.

3 **When one successfully resists the temptations of their Nafs or Shaytaan, they experience an indescribable sense of sweetness.**

4 **Ignoring and dismissing intrusive thoughts is crucial in preventing them from developing into harmful intentions and actions.**

5 **The Nafs or the Shaytaan put evil whispers into a person’s heart. At first, they are mere passing thoughts or whims.**

6 **When one dwells on such a thought, it turns into a wish. It slowly strengthens over time to become a concern. It grows into an intention, and eventually leads to action.**

7 **Resisting the inner dialogue from the beginning is crucial and challenging.**

Training the Nafs to stop negative thoughts is essential. All of this requires strength, as emphasised in the saying that the strong believer is better than the weak believer.

8 **The strength referred to is related to Imaan, indicating the need to work on and strengthen one's faith.**

Becoming a strong believer is an achievable goal through time, action, knowledge, and training the Nafs.

May Allah ﷻ help us leave off all major sins and make us strong believers who are beloved to Him.



To ensure your progress,
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this self evaluation quiz based
on the notes and video
series that you have
just completed.

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